Helpful sleep habits

This checklist summarises some of the key ideas that will help your child to develop a good sleeping pattern

|  |  |
| --- | --- |
| During the day | * Take some exercise and get outside in the fresh air * Avoid caffeinated drinks for at least 4 hours before bed * Don’t nap or sleep during the day |
| The hour before bed | * Avoid stimulating, exciting or scary activities * Turn off phones, laptops and other digital devices * Try building into your routine a quiet, calming activity * Unwind with a warm bath, hot shower or warm milky drink      * Try some relaxation exercises |
| Going to bed | * A set bedtime will help to reset your body clock * Go to bed when you feel tired and ready to sleep so that you fall asleep quickly * Make sure the bedroom is dark, quiet and cool |
| In bed | * To make a strong connection between bed and sleep only use your bed for sleeping * If you are still awake after 15 minutes get out of bed and engage in a quiet activity |
| In the morning | * Get up at the agreed time, even if you haven’t slept well |